

Issue Four
June, 2023



A word from our College Principal

Dear Parents and Carers,

What a great term it has been, it has been busy but we have achieved a lot. Thank you to our staff, term 2 is a busy term and they have all worked hard wanting the best for our students.

Thank you to the parents who completed the survey that we sent out on the mid-term progress reports that our teaching staff provide for each child. These progress reports are designed to give parents an overview of your child's progress prior to receiving the more comprehensive end of semester report. We are using this parent feedback to review what is in place and how we can improve on our existing practices.

We have recently started works to add to the internal fences at each campus. This is to keep our students safe and secure. It will help us better monitor who is coming onsite, when this is complete the only access at each campus during the school day will be via the office.

I have continued to communicate with the Victorian School Building Authority who are managing the projects for our new play equipment. Like you I am frustrated with how long this has taken to be complete. They have stated that this will be completed for the start of next term which is very exciting.

Can you help? Last Friday there was an accident where a car hit another car from behind near our Tarneit campus. This was before school on Friday June 16. If you saw this and/or recorded registration details please contact our school office with any information.

Over the holidays if you see any suspicious activity on our school grounds please contact 000 and report this. We all need to work together to ensure our facilities are valued in the community.

Have a lovely break, stay warm.

Regards

Vicki Minton

College Principal



2023 Curriculum Days

Friday August 18

Monday November 6

2023 Calendar of Events

JUNE

Friday 23

Last day of Term 2 - **Early dismissal at 2pm**

JULY

Monday 10

Students return
NAIDOC Week

Tuesday 11

Grade 6 Division Soccer

Monday 17

Year 9 Career Insights

Wednesday 26

Grade 5 Billy Cart Incursion



GALA DAY

The grade 5 & 6 students from the Derrimut Heath campus and the grade 6 students from Tarneit campus had the opportunity to participate in the Winter GALA Day.

Teachers worked hard to coordinate and train students in their selected sports – Netball, AFL and Soccer.

Students competed against other schools in the district demonstrating great sportsmanship, effort, and teamwork. They represented our college with pride and resilience.

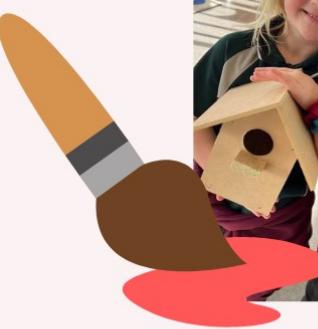




Grade One

Big Ideas

Incursion



On Thursday June 15, our Grade One students had a brilliant day at their Big Ideas incursion.

Students played olden day games, learnt about emergency services and had a Sprinkles experience with our school-made sundaes!



BADEN POWELL COLLEGE

On Friday June 23, students came to school in casual dress and made a gold coin donation.

As a College we raised a total of
\$556.50 for Cancer Council.

Every day, Cancer Council support people affected by cancer when they need it most, speak out on behalf of the community on cancer issues, empower people to reduce their cancer risk, and find new ways to better detect and treat cancer.

Great job Baden Powell College!



**Cancer
Council**



BADEN POWELL COLLEGE



Happy Birthday

To all of our students who have a
Birthday in July



Aaliyah	Cooper	Leah	Riley
Aayan	Daalia	Leeth	Robbie
Abdullah	Davia	Lelei	Rozarlia
Amum	Deyaan	Letishar	Rrehat
Andriana	Falepuna	Lilliana	Rubaa
Aria	Hamayel	Madison	Samuel
Arshita	Haniya	Majok	Samy
Asim	Harkirat	Maker	Shaila
Asiya	Heath	Mansirat Kaur	Spruha
Ava	Hudha	Maria	Stefan
Ayub	Imogen	Marijana	Su
Boaz	Jasmin	Mary	Summer
Brendan	Jasmine	Mayen	Teghbir Singh
Cara	Jigarjot	Mikayla	Thien An
Cecilia	Johnathon	Mohamed	Thompson
Charli	Kaleb	Nahla	Tyler
Charlotte	Karnika	Noah	Viren
Chazaq	Karthik	Oli	Wylee
Christian	Khloe	Precious	Yemaj
Clementine	Lakyn	Prisha	Yusrain
Cloud			Yuvraj



Are you a good listener?

The art of deep listening and why it matters to our kids.

“The most precious gift we can offer others is our presence. When mindfulness embraces those we love, they bloom like flowers.” —Thich Nhat Hanh

Most of us have had the experience of talking to someone who is listening, but not *really* listening—listening, but not *deeply* listening.

Deep listening is a sense of presence, inner stillness, openness, and mindful attention to what the other communicates in their body, speech, and silence. In parenting, deep listening helps us identify and respond sensitively to children’s needs.

Decades of evidence shows that attuned, sensitive, and emotionally available caregiving promotes children’s healthy development, secure attachment, and mental health. The founders of the Circle of Security program convey the feeling of listening deeply to one’s child in a simple phrase: **“I am here, and you are worth it.”** This is a powerful reminder to us as parents that our presence and attention can be instrumental in cultivating our child’s sense of self-worth and mental health. We have only to recall the last time that we felt truly listened to in order to conjure that same sense of worthiness. “Wow, my voice matters; I am someone worth listening to.”

Unfortunately, deep listening doesn’t come naturally to all of us. It may even seem counter-intuitive in our culture of quick fixes and endless scrolling for fast advice.

Learning to Listen Deeply

So how do we practice the art of deep listening? Just as weight training helps us build and strengthen the muscles of our body, practicing deep listening builds and strengthens our capacity to listen. Every day we are presented with opportunities to practice being truly present with our families and connecting to their experience in a more powerful way. Here are some tips for building your deep listening “muscle”:

1. **Connect with yourself first.** One of the best ways to build our capacity to listen deeply to others is to practice slowing down, turning our attention inward, and being present with our own experience—with our own thoughts, emotions, and bodily sensations. In other words, by listening deeply to ourselves and connecting with our own experience, it becomes easier to do so for others.

2. Make time. Deep listening requires our time. It may be helpful to build regular, intentional time into your schedule to truly be present with your loved ones.

For couples, this could be a once-a-week check-in in which you give each other space to discuss what is on your mind and in your heart, with an emphasis on connection over criticism.

For parents, the walk or drive home from school and mealtimes may be good opportunities to check in with your child and simply be present for whatever comes up.

Build a routine that works for you and your loved ones, whatever that looks like. The important thing is that we make time.

3. Minimize distractions (and put down your phone!). Many of us have become master multi-taskers, splitting our attention between multiple tasks and flicking between tabs on our screens. Deep listening can't be just another tab open; it requires our full mind and heart to show up. Even young children can tell when adults in their lives are distracted, and research shows that parents' increased distraction can take a toll on children's development. Therefore, it is important to minimize distractions during the time we devote to deep listening. This may mean putting down our phones, turning off the TV, and shutting down the computer; it may mean going someplace away from the hustle and bustle of the office or home. We don't have to sit in perfect stillness to listen deeply but limiting distractions can help create the conditions for our minds to settle and be fully present.

4. Notice the urge to move away (interrupt, fix, distract, move on) and choose to come back. Mindful listening is all about paying attention and noticing, and this includes noticing when tension, anxiety, or distraction arise. Often, these signal a desire to move away from being with the person and towards doing—for example, interrupting, changing the topic, or trying to “fix” the problem. When this tendency arises, simply notice it. Name it silently, “Ah! There's me trying to fix this,” and gently return to listening.

Be gentle with yourself. Many people didn't experience deep listening in their childhood and enter adulthood with a limited capacity for listening to and being with others' emotions. We tend to fall back on the communication styles and habits that we experienced in our family of origin, even if these are unhelpful in our adult relationships. Notice when these old tendencies are present and appreciate that it takes time to learn to communicate differently. Thankfully, deep listening does not require perfection; it requires awareness—and a willingness to practice coming back to those we love again and again.



AUTHOR

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